



**friendship force**  
CEDAR RAPIDS-IOWA CITY

## CEDAR RAPIDS-IOWA CITY FRIENDSHIP FORCE CLUB

[www.friendshipforcecr-ic.org](http://www.friendshipforcecr-ic.org)

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Cedar Rapids- Iowa City Friendship Force

**May 2025**

### Calendar of Events

### President's Message

**May 4**      **LEO at Lubben**  
**11:30AM**   **Winery—Anamosa**

**May 9**      **Club Zoom Trivia**  
**7:00PM**

**May 20**      **Club Board Meet-**  
**ing**

**May 28 -**      **Out going Journey**  
**June 4**      **New Hampshire**

**June 13-**      **Open World from**  
**21**          **Georgia (the coun-**  
              **try**

**June 28**      **All Iowa Picnic**  
                  **Des Moines**

**June**          **Kosovo Trip /**  
                  **Sister State**

**July 22-26**   **Out Going Journey**  
                  **to Milwaukee**

**Aug 23-30**   **Adelaide Australia**  
                  **incoming Journey**

**Nov 18-24**   **Out going Journey**  
                  **to Thailand**

**April 24-**      **North American**  
**26 2026**      **Conference**

**June or**        **Quilting Journey**  
**July 2026**

Dear Friendship Force friends,

It is great to see that spring has finally sprung. My red and yellow tulips and grape hyacinths are out in full force. I wished there was a way to keep them blooming for a longer period of time.

I would like to thank everyone who attended our SoupSupper/Game Night April 6. We had six different kinds of homemade soups, great crusty bread and crackers, raw vegetables and dip and yummy desserts. Several different games were played including cards. By all the laughing I think everyone had a great time. Also, thank you to everyone who stayed and helped clean up and remove the garbage. Many hands make light work.

Don't forget to sign up for the LEO on Sunday, May 4, at the Lubben Winery in Anamosa.

Stay well, Stay safe and Enjoy each day.

*Shirley Rosencrans* Club President



## Club Zoom Trivia

Club Zoom trivia will be **Friday May 9th at 7:00PM**.  
As usual an email with the Zoom link will be sent.  
Come join the fun. It is always a learning experience.  
Looking forward to seeing you there.



## LEO Lubben Winery May 4



We will be having a 11:30 AM LEO Sunday May 4  
at Lubben Winery, Anamosa, IA. It is located at  
13504 Hwy 151, Anamosa, IA [https://  
lubbenvineyards.com/contact-us/](https://lubbenvineyards.com/contact-us/)

There is live music in the afternoon, if you want  
to stay longer.

## Cedar Rapids Freedom Festival

For the past several years the CR?IC FF Club has provided volunteers to the Cedar Rapids Freedom Festival. This is a great way to get some exposure for the club and to make a little money. Our club receives \$25 for each shift worked. This year Patty Potter is the club's contact person. We have signed up for 2 events.

Dock Dogs June 27th (11-2 3 spots) (4-7 2 spots)

June 28th (12:30-4:30 2 spots)

June 29th (1-5 2 spots)

Pancake July 4th (7:30-11:30 3 spots)

Breakfast



Dock Dogs is usually a sit down job, easy and enjoyable.

Contact Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179 to sign up



# Soup Dinner and Game Night

April 6 we had a Soup Dinner/ Game Night at the Anamosa Iowa Public Library. There were several savory soups to sample and as usual many tasty desserts. Everyone enjoyed the great food and competitive games.

Thanks to Shirley Rosencranz for organizing this fun event.



# All Iowa FF Picnic June 28



## All-Iowa Friendship Force Gathering

**Saturday, June 28**

11:30 am Social

Noon – Welcome

Lunch

Program

**Machine Shed Restaurant**

**11151 Hickman Rd, Urbandale, IA 50322**

**\$20.00 per person**

Cost includes buffet, beverage, tax, tip, and all program costs.

In honor of the Des Moines Art Festival, we are asking artistic and crafty members of Iowa FF Clubs to offer an item for the silent auction.

All proceeds will benefit The Food Bank of Iowa.

Please bring cash or your checkbook.



For more information about the Des Moines Arts Festival go to

<https://www.desmoinesartsfestival.org/> or <https://www.facebook.com/DesMoinesArtsFestival/>

**Paid reservations are due June 20**

For more information: Ginny at [rendaginny@gmail.com](mailto:rendaginny@gmail.com) / 515-778-8506 call or text

All-Iowa Friendship Force Gathering Reservation

**Paid reservations due Friday, June 20**

Make checks payable to FFGDM and mail to

Ginny Renda, 2821 Wolcott Ave, Des Moines, IA 50321

Name:

Club:

Email:

Phone:

Number of tickets \_\_\_\_\_ @ \$20.00 = Total amount enclosed \_\_\_\_\_



# Journey Calendar by Judy Frascht-Miner

**"2026" JOURNEY'S BEING DECIDED!!!!!!**

**INITIAL INFORMATION IS AN INBOUND FROM UTAH AND OUT BOUNDS  
TO LIMA PERU AND BIRMINGHAM ALABAMA**

If interested in any way in these journey's contact me. [jjbm526@aol.com](mailto:jjbm526@aol.com)

**MAY 28-JUNE 4, 2025 - OUTGOING TO THE NEW HAMP-**

**SHIRE SEACOAST**– Marty Novak is the Ambassador Coordinator. This journey is full. Contact Marty with questions, [martynovak@mchsi.com](mailto:martynovak@mchsi.com). Journey #25099.



**JUNE 13-21, 2026 - OPEN WORLD WITH GEORGIA** - The topic is "Women in Business" Contact Connie Williams if interested in being involved. [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)



**JULY 22-26, 2025 - SHORT OUTGOING TO MILWAUKEE**– It's time to get your Money and Applications submitted to Connie Williams who is the Ambassador Coordinator. Questions, contact Connie [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com) 319-361-8452. Journey # 25351

**AUGUST 23-30,2025 - INCOMING FROM ADELAIDE, AUSTRALIA.** Stephanie Schulte is the Host Coordinator for this journey. Hope you have been in contact with your Australia friends. Can you host in any way? Contact Stephanie Schulte [sschulte08@gmail.com](mailto:sschulte08@gmail.com). She is already hard at work with planning. We have invited individuals from the other clubs that traveled with us to join the fun. Journey # 25054

**NOVEMBER 18-24, 2025 - Outbound to Chiang Mai, Thailand** - This jour-



ney is filled. If you would like to be on a waiting list contact Patty (Ambassador Coordinator) [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179 or me [jjbm526@aol.com](mailto:jjbm526@aol.com) 319-540-1701. Mary Ann Nelson and Judy are planning an add on which will visit other parts of Thailand before the official journey. This is separate from the journey and optional. Journey # 25038

**JUNE OR JULY 2026** - Quilting Journey—Curious, contact Patty Potter!

## **2025 Cedar Rapids/Iowa City FF Officers**

### **President**

Shirley Rosencrans 319-462-4132 [sarosencrans@yahoo.com](mailto:sarosencrans@yahoo.com)

### **Past President**

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### **President-Elect**

Stephanie Schulte 319-350-5279 [sschulte08@gmail.com](mailto:sschulte08@gmail.com)

### **Treasurer**

Tom Hess 319-213-7762 [tomhess8@gmail.com](mailto:tomhess8@gmail.com)

### **Secretary**

Nadine Stark 319-530-6535 [cnwstark@gmail.com](mailto:cnwstark@gmail.com)

### **Journey Coordinator**

Judy Frascht-Miner 319-540-1701 [jjbm526@aol.com](mailto:jjbm526@aol.com)

### **Activities Coordinator**

Patty Potter [pattyspotter1001@gmail.com](mailto:pattyspotter1001@gmail.com) 319-551-5179

### **Communications**

Mary Stull 319-393-6254 [mcdstull@aol.com](mailto:mcdstull@aol.com)

### **Membership**

Carol Burke 563-929-6067 [jbcburke@yahoo.com](mailto:jbcburke@yahoo.com)

### **Directors at Large**

Joan Lacayo 319-551-4725 [jmtlacayo@gmail.com](mailto:jmtlacayo@gmail.com)

Sharon Bowers 319-533-2462 [sharonbowers533@gmail.com](mailto:sharonbowers533@gmail.com)

### **Midwest Regional Field Representative**

Connie Williams 319-361-8452 [cmw1226@yahoo.com](mailto:cmw1226@yahoo.com)